

## Simple Yet Effective Ways to Regain Perfect Eyesight

About one in three people in the United States have astigmatism. Astigmatism is a condition wherein the cornea becomes less than perfectly rounded, resulting in blurry vision. This is the most common refractive error that people in the US have, usually occurring in combination with near or far sightedness. Moreover, other eye issues are no less prevalent in the United States. More than 32 million people in America are nearsighted or myopic and more than 12 million people are farsighted or hyperopic. Americans spend in excess of \$15 billion annually on eyewear alone, with more than 150 million people using corrective eyewear and about 36 million people wearing contact lenses.

A staggering number of people suffer from poor or loss of vision, and many tend to accept it and simply attribute it to genetics and old age. But what if something comes along and tells you that you can free yourself from eyeglasses and contact lenses for life? Natural Vision Improvement, pioneered by renowned eye expert Dr. Janet Goodrich, teaches a holistic approach to [improve eyesight](#). Dr. Goodrich pioneered this method in the 1970s, and is deemed effective for treating myopia, hyperopia, astigmatism and presbyopia (over 40s reading blur). She ran a series of seminars in various locations such as the USA, England, Germany, and Australia to promote this method, and eventually published a best selling book in 1983. She passed away in 1999, but her daughter Carina went on teaching the Natural Vision Improvement method, together with a business partner, Dan Sheehan.

This method explores the reasons behind blurring of vision, rather than simply accepting the symptoms. Dr. Goodrich maintains that eye problems emerge as the body's reaction to emotional or physical stress during a certain period of a person's life. Dr. Goodrich, through her Natural Vision Improvement method, encourages people to determine where the starting point of the refractive error is, and helps them work through internal issues and blocks to clear vision. Time and again, followers of the method have proven it to be effective, resulting in healing of refractive or vision loss and restoration of vision. Dr. Goodrich herself wore thick glasses for her astigmatism and myopia, but after applying the Natural Vision Improvement method herself, she was able to get rid of her glasses in two years.

The Natural Vision Improvement method combines psychological therapy, nutritious diet, regular exercise and repeated eye exercises to [improve vision](#). Great results have been reported from people who subscribe to this program for about 30 minutes a day, 5 days a week. The program offers a 75-page instruction manual and a USB drive with more than 14 hours of detailed instructions and recommended activities designed to heal astigmatism, hyperopia, and myopia. Each package also includes the following:

- Eye Patch
- Distance Chart
- Reading Card
- Emotional Tone Scale
- Fusion Chart
- Pinhole Glasses

- Reminder Chart
- Near Object Card
- Original Music created & recorded exclusively for this kit by Ross Hunter

The Natural Vision Improvement method is a simple yet effective way to restore perfect eyesight. For more information, go to <http://www.janetgoodrichmethod.com/>.

<http://www.janetgoodrichmethod.com>